

THE JORDAN HARBINGER SHOW

Worksheet for Ed Latimore | The Superpower of Ignoring Social Approval (Episode 9)

Chasing social approval will always work out for the worst, especially with those people who you are trying to get the approval of.

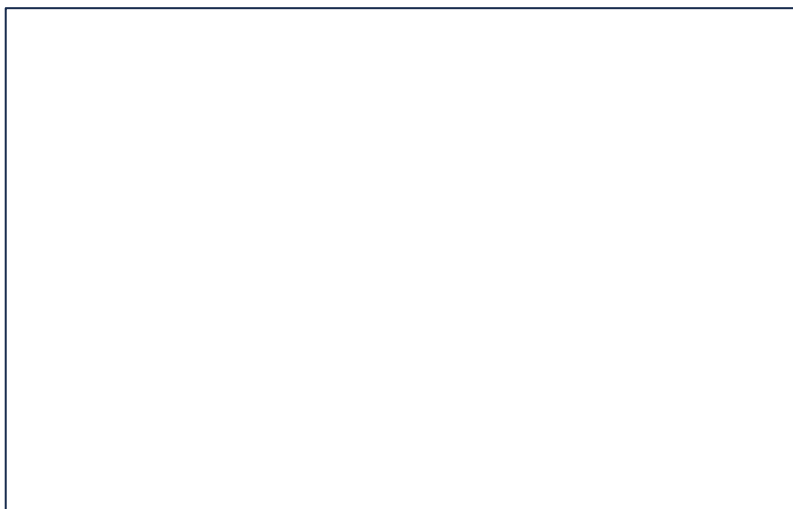
[Episode 9](#) is a conversation with Ed Latimore, author of [Not Caring What Other People Think Is A Super Power: Insights From A Heavyweight Boxer](#), on creating your life and the mindset required to make those transformational changes.

THE JORDAN HARBINGER SHOW

Generational Change

Ed and Jordan talk about changing your environment, changing your relationships, and putting down deep roots because if you don't, you become a spectator and nothing changes. In Ed's neighborhood it became a generational problem.

What do you want to change that will require a change in your environment and relationships? List 4 ways you will put down deep roots so this change will not just be surface-level.

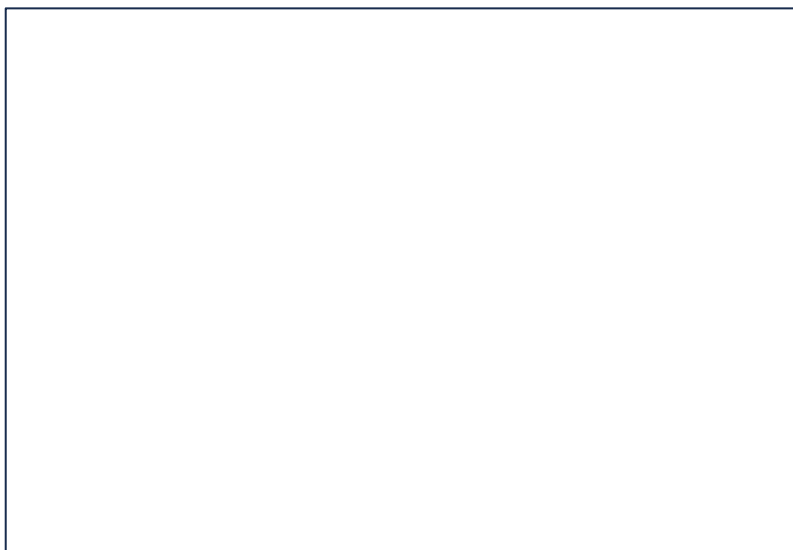
A large, empty rectangular box with a thin black border, intended for the user to write their responses to the prompt above.

THE JORDAN HARBINGER SHOW

Creating Your Own Future

Ed used projection and visualization to motivate himself to work hard towards his goals. Jordan describes it as the fear of mediocrity to move forward - reminding himself of the situation he is trying really hard not to get sucked back into.

Describe a situation you do not want to return to? How is it motivating you to move forward now? Write down 3 steps you are taking to overcome mediocrity.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

THE JORDAN HARBINGER SHOW

Moving Forward After Difficulties

After Ed lost an important heavyweight boxing match, he took time off to collect himself. Jordan and Ed discuss three questions for situations where you have reached the top and fallen off -

1. Can I get back on top?
2. Do I need to get back on top?
3. Who am I without this particular thing in my life?

Ed says you need objectivity and that only comes with time

Describe a time when you were on top of your game and how it all crumbled.

THE JORDAN HARBINGER SHOW

Write the answers to the three questions Ed and Jordan asked to create a plan moving forward.



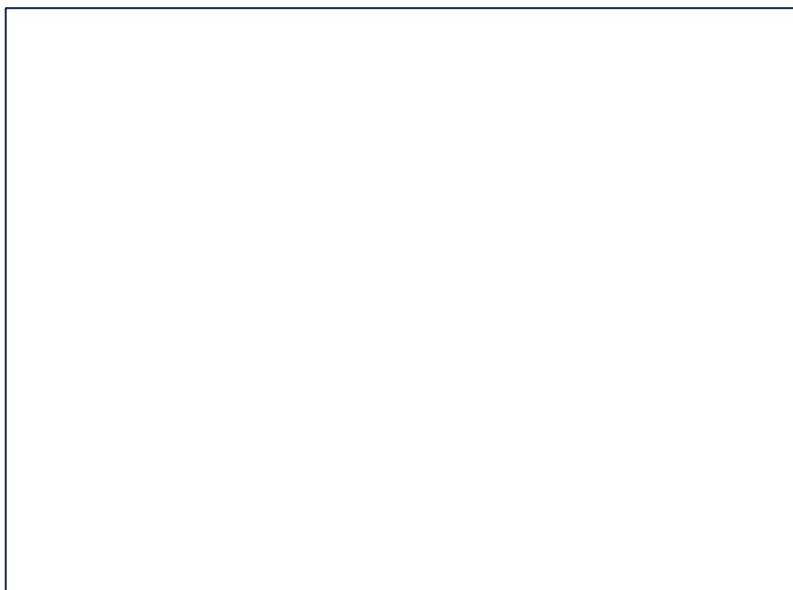
Gaining Understanding and Perspective

After his fight, Ed says he was running and though you may forget that you are running, your emotions don't forget. You need to gain a universal perspective on your problems which brings gratitude. Jordan advocates journaling for

THE JORDAN HARBINGER SHOW

understanding and gratitude.

Write down 3 unresolved problems. To gain objectivity about the problem commit to daily journaling for one week where you list things you are grateful for no matter how insignificant they may seem.

A large, empty rectangular box with a thin black border, intended for the user to write down their journaling entries.

Full show notes and resources [can be found here.](#)

THE JORDAN HARBINGER SHOW

About



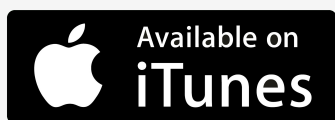
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

THE JORDAN HARBINGER SHOW

support@jordanharbinger.com

THE JORDAN HARBINGER SHOW



Share This With
Your Friends!



Share This